

**November is Diabetes Awareness Month.** Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while or are helping a loved one, you know you must take charge. People thrive with it every day by taking control and using tools that are available to understand this disease. It can be managed with diet (more of the right fruits/veggies/carbs., proteins), exercise (30 min. 5 times/week), quitting smoking, and by planning and knowing your body and what works for you! If you are looking for ways to get started venture to the bottom of this information for reputable websites and don't forget diabetic education. If you need to see a diabetic educator please reach out to one by asking your provider for a referral.



- More than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it.
- More than 88 million US adults—over a third—have **prediabetes**, and more than 84% of them don't know they have it.
- Diabetes is the 7<sup>th</sup> leading cause of death in the United States (and may be underreported).
- **Type 2 diabetes** accounts for approximately 90% to 95% of all diagnosed cases of diabetes; **type 1 diabetes** accounts for approximately 5-10%.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.
- It is dangerous because poorly/uncontrolled/untreated high blood sugar can increase risk of heart disease or heart failure, lead to stroke, cause high blood pressure, damage blood vessels throughout the body, threaten vision, limbs, and extremities and raise cholesterol.
- Medical costs and lost work and wages **for people with diagnosed diabetes total \$327 billion yearly (2017 number).**
  - **\$237 billion for direct medical costs**
  - **\$90 billion was in reduced productivity**
  - **\$1 out of every \$7 healthcare dollars** is spent on diabetes and its complications.
- Medical costs for people with diabetes are twice as high as for people who don't have diabetes.

#### **What are the symptoms?**

- Feeling hungry even while eating
- Frequent urination
- Slow healing cuts
- Numbness in hands or feet
- Blurred vision

**Even if you have prediabetes...**There are many factors you can control. There are no clear symptoms with prediabetes so you may have it and not know it. If you do have prediabetes, remember that it doesn't mean you will develop Type 2 diabetes especially if you **follow a treatment plan, change your diet, MOVE to feel better by increasing your activity levels, and take your medication (if prescribed).** You must also routinely check your blood sugar and if directed, have your hemoglobin A1c checked 2-3 times/year. Type 2 can be prevented or delayed. It is up to you!

**Your chances of having prediabetes go up if you:**

- Are 45 or older
- Are Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Have a parent, brother or sister with diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure or take medicine for high blood pressure
- Have low HDL (good cholesterol) and/or high triglycerides. High should be high and low should be low regarding lipoproteins (HDL, LDL). **Triglycerides < 150 mg/dl.**
- Had diabetes during pregnancy (gestational diabetes)
- Have been diagnosed with polycystic ovarian syndrome

**Follow the ABC's of Diabetes by lowering:**

- ✓ **A1C** (test to measure blood sugar)
- ✓ **B**lood Pressure
- ✓ **C**holesterol

**References:**

[www.diabetes.org](http://www.diabetes.org)- Take diabetes risk test to know your risk

[www.cdc.gov](http://www.cdc.gov)- Web based diabetes curriculums to use

[www.nppp.gov](http://www.nppp.gov) (CDC National Diabetes Prevention Program) Focuses on healthy eating, activity, coping with stress and reducing it, lifestyle, weight reduction

[www.DoiHavePrediabetes.org](http://www.DoiHavePrediabetes.org)

[www.nhlbi.org](http://www.nhlbi.org) (National Heart, Lung and Blood Institute)

<https://www.cdc.gov/diabetes/basics/risk-factors.html>